

Adult Health Bulletin



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THIS MONTH'S TOPIC: INSOMNIA



Many people struggle with insomnia, or the inability to sleep. Sleeplessness can lead to many daily struggles. People who do not get a good night's rest may have a lack of focus and exhaustion. If you or someone you know has trouble getting a good night's rest, the following tips about insomnia may help:

- It is a myth that an alcoholic drink before bed will help you fall asleep. In reality, alcohol can make your body restless.
- Health issues can cause insomnia. These issues include stress, poor sleep hygiene, illness, drug side effects, chronic pain, restless leg syndrome and sleep apnea. Get a doctor's help in dealing with these issues.
- Exercise does help you sleep. However, working out too late at night can make you more alert and increase your body temperature. Ideally, finish your workout 2 to 3 hours before bed.

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- Put away the TV and computer before bed. The light and noise from them may increase the time it takes to fall asleep.
- Sleep aids are risky and you should consult a doctor before using them. They may relieve symptoms temporarily, but they can also lead to dependency and do not cure insomnia.
- You cannot make up for lost sleep. In reality, sleeping in over the weekend may upset your body clock, making it harder to fall asleep next time. The best way to catch up on sleep is to have a regular sleep schedule.
- You cannot teach your body to need less sleep. Most adults need 8 hours a night and while you

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- When you can't get to sleep, staying in bed can cause frustration which may cause your body to associate your bed with wakefulness, rather than sleep. Instead, when you cannot sleep, get out of bed and do a quiet activity.
- Create a bedtime routine to train your body to associate restful behaviors with sleep.
- Insomnia will not disappear until you figure out what is causing it.

Insomnia is a struggle for many adults. While sleep aids and tricks may seem helpful, the best solution is to resolve underlying health issues and create a calming sleep environment.

SOURCE:

<http://www.webmd.com/sleep-disorders/living-with-insomnia-11/slideshow-insomnia>

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